



# Ashgrove Primary School Newtownabbey

## Our Weekly Newsletter

ISSUE: 08

FRIDAY 13<sup>TH</sup> OCTOBER, 2023

### RIGHTS RESPECTING SCHOOLS

#### Article 4

**“Governments must do all they can to make sure every child can enjoy their rights.”**

In school we actively promote an awareness of the rights of our children, this includes the right to an education, health care and to be kept safe and free from harm.

### HALF TERM HOLIDAY REMINDER

School Closes for the Half Term Holiday from **Monday 30<sup>th</sup> October – Friday 3<sup>rd</sup> November (inclusive)**. School reopens at the usual time on Monday 6<sup>th</sup> November.

#### FLU VACCINATIONS

As a reminder, flu vaccinations are taking place in school on **Friday 20<sup>th</sup> October**. These are administered by the Nursing Team. Parents/carers are not required to attend for the administration of the vaccine which is in the form of a nasal spray (no needles). The Nursing team can only administer the vaccine to those who have consent from legal parents/carers. The Nursing Team takes full responsibility for gaining and checking consent. If you did not sign up for the vaccination, your child may still get this- please contact your GP for more information.

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**Learning, Caring, Growing Stronger Together**



Tickets are now on sale for our PTFA Halloween Disco on **Thursday 26<sup>th</sup> October.** These can be booked online via SchoolMoney. Miss McConvey emailed home a note with more information earlier this week.

On the evening all pupils should arrive through the P1/4 entrance door and leave via the P3/5 exit.

Entrance costs £5.00 per pupil which includes a drink and snack. There will also be facepainting and a Halloween photobooth! Payment should be made by **Monday 23<sup>rd</sup> October.**

For supervision reasons children should not wear facemasks to the Disco – thank you for your help with this. The event will be supervised by members of the PTFA , therefore parents/carers are not required to attend. As the evenings are dark, pupils will not be permitted to walk home unaccompanied.



## CONGRATULATIONS TO OUR NEW HEAD BOY & HEAD GIRL

We would like to thank all our wonderful P7 boys and girls who applied to be the Head Boy or Girl for this academic year. As always, the caliber of applications was just amazing and all who applied could ably fill this role. As a gesture of our appreciation for all pupils putting themselves forward, we presented

All P7 pupils themselves had the opportunity to vote for their preferred applicant and this opportunity was extended to all staff too.

### **Congratulations to Sophie Layland and Charlie Murphy.**



## SAY SOMETHING GREAT ABOUT A MATE DAY...

Today in school our School Councillors helped to organise and celebrate Say Something Great About a Mate Day! This is part of our Anti-Bullying work in school and is an opportunity to reinforce our positive culture and make friendships... Check out our School Council Video on our Facebook Page.

## P2 PARENT ASSEMBLY

P2 have been busily practicing for their P2 parents/carers Assembly on Wednesday 25<sup>th</sup> October. This will form part of our Neuroscience week! P2 have been learning all about how to keep their brain healthy – we look forward to sharing this with all our P2 parents very soon!

## PTFA CAKE & BUN SALE...

Thank you everyone for your beautiful bakes for our PTFA Cake & Bun Sale today – they really are AMAZING! The sale is on 2.00-3.30pm – please do come along and get some treats!



## UNISON INDUSTRIAL ACTION

All schools have been asked by the Education Authority to share the following message with reference to industrial action across some Classroom Assistant, Cleaning & Catering Services:

"The Education Authority (EA) has warned of expected disruption to some school services as a result of industrial action notified by UNISON. This action will consist of action short of strike from 16 October 2023 to 20 November 2023 as well as a full day of strike action on 16 November 2023.

The EA is working with schools, youth services and partners to minimise any disruption to children and young people caused by the industrial action. However, despite this, there will be disruption to some services; at this stage the EA anticipate that the impact is likely to be most significant across some classroom assistant, catering and cleaning services.

We encourage parents/carers to check the EA website for regular updates and details of any planned disruption here: [www.eani.org.uk/industrialactionupdates](http://www.eani.org.uk/industrialactionupdates) Information is also available across EA social media channels."

We will of course keep you updated when more information is available.

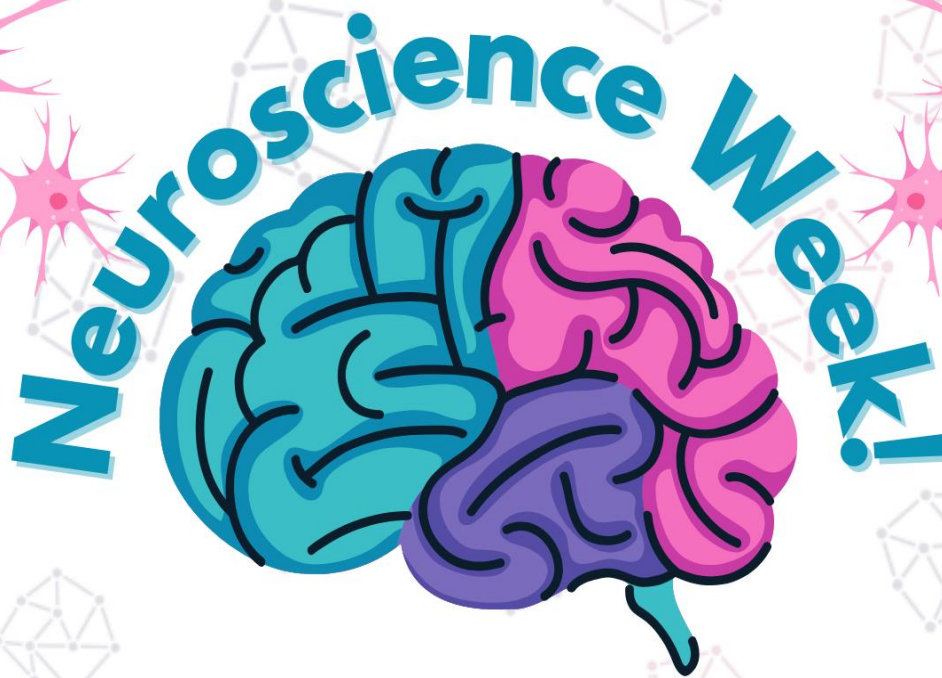
## PTFA BAKE COMPETITION

We just had so many amazing bakes- thank you all for your kindness and support! Our winning bakes are:

Olivia Turtle Gail (Foundation Stage) Phoenix Bentley (KS1) and Molly Murphy (KS2)



# Neuroscience Week!



**Monday 23rd - Friday 27th October**

How can we keep our brain healthy & fit?

What senses do we have?

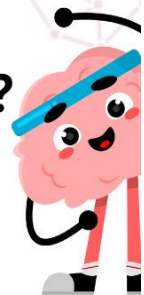
How does learning create memories in the brain?

## Brain Facts...

The adult human brain is just a bit heavier than a bag of sugar!

The brain floats in a liquid - a bit like water!

The brain has billions of tiny cells called neurons!



## SCHOOL MEALS MENU

### Monday 16<sup>th</sup> October

Beef Bolognaise with Spaghetti or Pasta  
Twists & Garlic Bread with Peas

~

Melon, Mandarin & Pineapple Pots with  
Yoghurt Dip

### Tuesday 17<sup>th</sup> October

Ham & Cheese Pizza or Pepperoni with  
Garlic Dip. Sweetcorn and Red Pepper or  
Coleslaw/Baked Potato

~

Jelly with Mandarin & Oranges

### Wednesday 18<sup>th</sup> October

Roast Turkey, Broccoli/Turnip. Mashed &  
Oven Roast Potatoes

~

Ice Cream, Pears & Chocolate Sauce

### Thursday 19<sup>th</sup> October

Lunch Bunch Chicken Curry & Naan Bread  
with Green Beans & Steamed Rice

~

Cornflake Tart & Custard

### Friday 20<sup>th</sup> October

Golden Crumb Fish Fingers with Salad/Baked  
Beans with Chips/Mashed Potato

~

Homemade Ginger Biscuit & Fruit

*School meals for the week ahead should be  
booked online via SchoolMoney.*

## HEALTHY BREAK & SNACKS IN SCHOOL

We ask that parents and carers support our school in observing our Healthy Break Policy. Having a healthy snack during school, rather than sugary foodstuffs helps our children to concentrate and learn while in class. Observing our Healthy Break Policy also helps to establish good eating habits throughout life.

The Public Health Agency have shared the following advice for parents and carers for Healthy Breaks in School;

**DRINKS:** It is important that children drink enough during the day. Milk (unflavoured) and water are the most suitable drinks for children. In Ashgrove PS we ask that children drink water in class – no fizzy drinks, smoothies etc. – these contain lots of hidden sugar which are harmful to teeth and can spike blood sugars.

**BREAD BASED SNACKS:** Bread based snacks can help meet the extra energy needs children require and help them to feel more satisfied. This includes white or wholemeal, rolls, bagels etc

**NOT SUITABLE:** Sugary spreads, including jam, honey, bags of sweets, marmalade or chocolate spreads etc.

